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Low Oxalate Diet

Adapted from: University of Pittsburgh Medical Center.

Kidney stones are caused by a buildup of minerals in the urine. Calcium, oxalate (Oxuh-layt), and uric acid may lead to kidney stones in some people.

A low-oxalate diet is for people who have calcium oxalate kidney stones.

Cutting back on high-oxalate foods and salt (sodium) and drinking plenty of water may help prevent kidney stones from forming.

Here are some important points to remember:

- Oxalates are found in a wide variety of foods.
- Foods that come from animals usually have little or no oxalate.
- Drink plenty of fluids. Drink more than 8 cups of fluid every day. Your urine should be as clear as water. If it isn't, drink more fluids.
- To help prevent oxalate stones from forming, limit oxalates to 40 to 50 mg per day.

Use the chart below as a guide.

- Low-oxalate foods have less than 2 mg of oxalate per serving. You can eat as much of these foods as you like.
- Moderate-oxalate foods have 2 to 6 mg of oxalate per serving. You should eat no more than three of these foods per day.
- High-oxalate foods have more than 7 mg of oxalate per serving. Avoid these foods.

Breads and Starches:

Low Oxalate	Moderate Oxalate	High Oxalate
bread breakfast cereals noodles, egg or macaroni rice, white or wild	barley, cooked corn bread corn tortilla cornmeal cornstarch flour, white or wheat oatmeal rice, brown unsalted saltine or soda crackers spaghetti in tomato sauce sponge cake	Fig Newtons fruit cake graham crackers grits, white corn kamut marmalade soybean crackers* wheat germ* * Very high – Avoid Completely

Beverages:

Low Oxalate	Moderate Oxalate	High Oxalate
apple juice beer, bottled or canned (not draft) cider distilled alcohol ginger ale grapefruit juice lemon juice lemonade/limeade (made without peel) lime juice milk (skim, 2%, whole) orange soda pineapple root beer tea, instant water wine	coffee (limit to 8 oz/day) cola (limit to 12 oz/day) cranberry juice grape juice orange juice orangeade	any juice made from high oxalate fruits beer, draft chocolate, plain* chocolate milk cocoa* coffee powder (instant)* Ovaltine tea, brewed* * Very high – Avoid Completely

Dairy:

Low Oxalate	Moderate Oxalate	High Oxalate
milk (skim, 2%, whole) buttermilk yogurt with allowed fruit cheese	none	chocolate milk

Meat:

Low Oxalate	Moderate Oxalate	High Oxalate
beef, lamb, pork eggs fish/shellfish poultry	beef kidney liver	none

Meat Substitutes, Beans, Nuts and Seeds:

Low Oxalate	Moderate Oxalate	High Oxalate
eggs lentils water chestnuts	garbanzo beans, canned lima beans split peas, cooked	almonds baked beans in tomato sauce cashews green beans, waxed and dried peanut butter* peanuts* pecans* sesame seeds sunflower seeds tofu (soybean curd)* walnuts * Very high – Avoid Completely

Vegetables:

Low Oxalate	Moderate Oxalate	High Oxalate
acorn squash alfalfa sprouts cabbage cauliflower peas, frozen and fresh peppers, red radishes turnips, roots zucchini squash	asparagus artichokes brussels sprouts broccoli carrots corn cucumbers, peeled kohlrabi lettuce lima beans mushrooms onions potatoes, white peas, canned snow peas tomato, fresh tomato sauce	beans (green, wax, dried) beets (tops, roots, greens) celery chives collards dandelion eggplant escarole kale leeks* mustard greens okra* parsley parsnips peppers, green pokeweed* rutabagas sorrel spinach* summer squash sweet potatoes* Swiss chard* tomato soup vegetable soup watercress yams * Very high – Avoid Completely

Fruit:

Low Oxalate	Moderate Oxalate	High Oxalate
apples, peeled avocado bananas cantaloupe casaba cherries, bing coconut cranberries, canned grapes, green honeydew mangoes nectarines papaya raisins watermelon	apples with skin apricots black currants cranberries, dried grapefruit oranges peaches pears pineapple plums prunes	blackberries black raspberries* blueberries red currants dewberries figs, dried grapes, purple gooseberries kiwi lemon peel* lime peel* orange peel red raspberries rhubarb* strawberries tangerines any juice made from above fruits * Very high – Avoid Completely

Fats and Oils:

Low Oxalate	Moderate Oxalate	High Oxalate
all	none	none

Condiments:

Low Oxalate	Moderate Oxalate	High Oxalate
any not listed	basil, fresh malt, powder pepper	cinnamon, ground parsley, raw* pepper, more than 1 tsp/day* ginger soy sauce * Very high – Avoid Completely